

Notts Sports hall League

Timetable

Sports Hall 3

Venue:- Grove Leisure Centre Balderton Newark

Sunday 20th Dec 2009

Remember 1 pm start

Track

U11 Fun Certificates awarded

T1 U11 Girls 1 Lap

T2 U11 Boys 1 Lap

T3 U13 Girls 2 Lap

T4 U13 Boys 2 Lap

T5 U15 Girls 2 Lap

T6 U15 Boys 2 Lap

T7 U11 Girls 2 Lap

T8 U11 Boys 2 Lap

T9 U9 mixed One Lap

10 Minute Interval

Team Game during interval

T10 U13 Girls 6 Lap

T11 U13 Boys 6 Lap

T12 U15 Girls 4 Lap

T13 U15 Boys 4 Lap

Raffle

T20 Adult mixed relay obstacle? 4/1? 4/2?

Relays

T18 U11 Girls Obstacle Relay

T19 U11 Boys Obstacle Relay

T16 U13 Girls Obstacle Relay

T17 U13 Boys Obstacle Relay

T14 U15 Boys 4x2 Lap Relay

T15 U15 Girls 4x2 Lap Relay

Field

Rushcliffe

F1 U13 Girls Speed Bounce 30 sec

F4 U13 Boys Speed Bounce 30 sec

F7 U11 Girls Speed Bounce 20 sec

F10 U11 Boys Speed Bounce 20 sec

F13 U15 Girls Speed Bounce 30 sec

F17 U15 Boys Speed Bounce 30 sec

Mansfield

F2 U15 Girls Shot (3.25 kg)

F5 U15 Boys Shot (4 kg)

F8 U13 Girls Shot (2.72kg)

F11 U13 Boys Shot (3.25kg)

Notts

F14 U11 Boys Chest Push

F15 U11 Girls Chest Push

Retford

F3 U11 Boys Standing Triple Jump

F6 U11 Girls Standing Triple Jump

F9 U15 Girls Standing Long Jump

F12 U15 Boys Standing Triple Jump

F16 U13 Girls Standing Triple Jump

F18 U13 Boys Standing Triple Jump

Markmen

Sutton

Place Recorders

Worksop

Main Events Start @ 1.00 pm

NO FOOD OR DRINK IN THE SPORTSHALL PLEASE